

A World with No Tobacco is a Child's Best Chance for a Healthy Life!

World No Tobacco Day is May 31

Every day, millions of people of all ages continue to be affected by the harmful effects of tobacco use and exposure to secondhand smoke (SHS). However, tobacco is not an equal opportunity killer and has a disparate impact on children and infants. When exposed to SHS people are at increased risk for:

- sudden infant death syndrome (SIDS)
- upper respiratory and lung infections
- ear infections
- more severe and frequent asthma attacks

While smokers have a choice about where they smoke, children and infants do not choose where they sleep or live. The home is the primary source of SHS exposure in children and infants. According to Robert W. Block, immediate past President of the American Academy of Pediatrics, "the healthiest home for a child is a smoke-free home." By keeping the home smoke-free, their little noses can breathe clean air free of tobacco toxins.

This World No Tobacco Day, let's help every child grow up healthy, happy and able to reach their potential. Help prevent 5.6 million American children alive today from dying prematurely from smoking-related diseases. They came into the world tobacco free, so let's help keep them that way as they grow. Together we can give our future generations a world with no tobacco.

- Do not smoke in your home and do not allow others to do so
- Live in smoke-free housing or buildings
- Quit if you smoke

The Tobacco Free Lake County (TFLC) Program of the Lake County Health Department and Community Health Center provides one-on-one counseling free of charge for interested quitters. There is also free telephone counseling with the Illinois Tobacco Quitline by calling 1-866-QUITYES or www.quityes.org. For more information on smoke-free homes please contact TFLC at TFLC@lakecountyil.gov or 847-377-8090.



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